

Basic Report 11729, Beans, snap, green, canned, no salt added, drained solids

Report Date:July 26, 2015 20:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 153g	10.0 beans 62g	1 can (303 x 406) 262g
Proximates					
Water	g	93.38	142.87	57.90	244.66
Energy	kcal	22	34	14	58
Protein	g	1.12	1.71	0.69	2.93
Total lipid (fat)	g	0.46	0.70	0.29	1.21
Carbohydrate, by difference	g	4.32	6.61	2.68	11.32
Fiber, total dietary	g	1.9	2.9	1.2	5.0
Sugars, total	g	0.78	1.19	0.48	2.04
Minerals					
Calcium, Ca	mg	38	58	24	100
Iron, Fe	mg	1.06	1.62	0.66	2.78
Magnesium, Mg	mg	13	20	8	34
Phosphorus, P	mg	20	31	12	52
Potassium, K	mg	96	147	60	252
Sodium, Na	mg	2	3	1	5
Zinc, Zn	mg	0.20	0.31	0.12	0.52
Vitamins					
Vitamin C, total ascorbic acid	mg	2.8	4.3	1.7	7.3
Thiamin	mg	0.016	0.024	0.010	0.042
Riboflavin	mg	0.046	0.070	0.029	0.121
Niacin	mg	0.206	0.315	0.128	0.540
Vitamin B-6	mg	0.030	0.046	0.019	0.079
Folate, DFE ^a	μg	28	43	17	73
Vitamin B-12	μg	0.00	0.00	0.00	0.00
Vitamin A, RAE	μg	18	28	11	47
Vitamin A, IU	IU	353	540	219	925
Vitamin E (alpha-tocopherol)	mg	0.03	0.05	0.02	0.08

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	38.9	59.5	24.1	101.9
Lipids					
Fatty acids, total saturated	g	0.103	0.158	0.064	0.270
Fatty acids, total monounsaturated	g	0.019	0.029	0.012	0.050
Fatty acids, total polyunsaturated	g	0.234	0.358	0.145	0.613
Cholesterol	mg	0	0	0	0
Other					
Caffeine	mg	0	0	0	0

Footnotes

^a Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

^b Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

^c Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid